

## ABSTRACT

5        A dietetic scale and method for calculating and tracking nutritional content  
information. The scale includes a bar code reader for identifying a food product from its  
package, with food content data per unit weight of the product being retrieved from a  
database. The database is a compilation of standardized nutrition facts promulgated by the  
FDA or other authority for the food products, with the bar code being correlated with the  
10 food products by means of their individual UPC numbers. The scale cumulatively sends  
the nutritional content data for servings of food products consumed over a predetermined  
interval of time, and then compares the summed values with a predetermined goal that  
includes minimums and maximums for selected contents. The information may be  
outputted to a digital flashcard or other electronic storage media for subsequent retrieval  
15 and analysis.